

University of South Alabama – College of Education and Professional Studies
Department of Health, Kinesiology, and Sport

COACHING CERTIFICATE

Minimum Hours Required: 21

Core-12 Hours		Hours	Semester	Grade
KIN 100	Concepts of Health and Fitness	3		
KIN 278	Sport, Performance, & Exercise Psychology	3		
KIN 282	Introduction to Athletic Training	3		
KIN 478	Coaching Theory	3		
Electives-Choose 9 Hours from:				
KIN 373	Coaching Volleyball	3		
KIN 374	Coaching Soccer	3		
KIN 375	Coaching Football	3		
KIN 376	Coaching Basketball	3		
KIN 377	Coaching Baseball	3		
KIN 378	Coaching Track and Field	3		

The Coaching Certificate is a 21-hour academic program, completed in two years. A minimum GPA of 2.0 is required. Students from any discipline may complete the program. The program is intended to give students with coaching aspirations at all levels of athletic competition, a solid foundation for a successful career in coaching. In addition to classroom lectures, online activities, observations, and service learning, teaching methodologies are used to build coaching skills and abilities of students. Built around the National Association for Sport and Physical Education's (NASPE) National Standards for Sports Coaches, the curriculum is a comprehensive coaching education program emphasizing the eight domains of coaching competencies:

- Philosophy and Ethics
- Safety and Injury Prevention
- Physical Conditioning
- Growth and Development
- Teaching and Communication
- Sports Skills and Tactics
- Organization and Administration
- Evaluation